

**About the Author**  
**Flavour First by Mary Sue Waisman**

**Mary Sue Waisman, RD, MSc**, is a professional chef and dietitian. She is the co-author of the best selling cookbook, **Simply Great Food**. She has authored numerous consumer articles on food and nutrition, conducted cooking demonstrations for a variety of audiences, and appeared as a food and nutrition expert on several television shows across the country. She has dedicated her professional career to making nutrition come alive through food.